

SIGN UP FOR TRIP TO PRODUCTION OF “SAMSON” / LONGWOOD GARDENS VISIT

Come join us on Wednesday, June 8th when we'll be leaving Foxborough at 6:30 a.m. and traveling via motorcoach for a 3 day/2 night trip to Pennsylvania to experience the Sight and Sound Theater's latest, greatest, and newest production; the biblical story of “Samson.” Our hotel accommodations will be at the brand new 4-star Double Tree by Hilton hotel in central Reading, PA where we will be welcomed by a private wine and cheese reception. Following dinner on our first evening, we'll see a brand new musical show. On our second day, we'll travel into neighboring Lancaster County, the home of Pennsylvania's Amish and Mennonite people. Our first stop will be in the town of Lititz for a special program called “Chalk Talk,” a 90 minute look into the lives of the Plain People. We will also visit the Kitchen Kettle Shopping Village before taking our seats at the Sight and Sound Theater for “Samson.” One of the most captivating stories in the Bible, Samson is the world's first superhero. “Samson” is filled with colorful characters, extraordinary feats of strength and amazing special effects. On our third day we will travel to Kennett Square, PA where we will spend time visiting the beautiful Longwood Gardens; 1,077 acres of gardens, woodland and meadows in the Brandywine Creek Valley and one of the premier botanical gardens in the United States. We'll arrive home at approximately 9:30 p.m. on the evening of Friday, June 10th. This trip has been arranged for us by the travel agency, Tours of Distinction. The cost per person is \$463 for a double, \$430 per person for a triple and \$557 per single. The sign-up for this trip will begin at 8:00 a.m. on Wednesday, January 6th by calling the senior center at 508-543-1252.

Monday, January 4

Coffee Connection 8:30 a.m. to 3:30 p.m.
Chair Yoga 9:30 a.m.
Tai Chi 10:30 a.m.
Book Club 11:00 a.m.
Scrabble 12:30 p.m.
Knitting 1:00 p.m.
Shaws 1:00 p.m.
Video Lecture Series – 2:00 p.m.

Tuesday, January 5

Coffee Connection 8:30 a.m. to 3:30 p.m.
Stretch & Balance 8:30 a.m.
Zumba Gold 9:45 a.m.
SHINE by appointment 10:00 a.m.
Nutrition 11:00 a.m.
Bingo 1:30 p.m.
Talespinners 2:00 p.m.

Wednesday, January 6

Sign-up for “Samson” trip begins 8:00 a.m.
Coffee Connection 8:30 a.m. to 6:00 p.m.
Strength Training 8:30 a.m.
Chorus 10:00 a.m.
Target 1:00 p.m.
Relaxation/Meditation Program 2:30 p.m.

Thursday, January 7

Coffee Connection 8:30 a.m. to 3:30 p.m.
Tax Assessor's Program on Tax Abatements 10:00 a.m.

Friday, January 15

Coffee Connection 8:30 a.m. to 12:00 noon
Stop and Shop 8:30 a.m.

Aerobics 9:00 a.m.
Cribbage 10:15 a.m.
Card Making Class 10:30 a.m.

SPECIAL PROGRAMS

VIDEO LECTURE SERIES

Every Monday afternoon at 2:00 p.m. we'll be showing a video from the Kastrenos Video Library Series (part of "The Great Courses" program), or we will be viewing videos from our own library of programs at the senior center. On Monday, January 4th at 2:00 p.m., our video from The Great Courses will be on "Lifelong Health: Achieving Optimum Well-Being at Any Age," volume one. Come join us for this interesting and informative lecture series.

BINGO – BRING A FRIEND – ALL ARE WELCOME

Come and join us for Bingo at the senior center on the first Tuesday of every month. Try your luck and win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Our next Bingo afternoon will be on Tuesday, January 5th from 1:30 p.m. to 3:00 p.m. Please call us at 508-543-1252 to let us know if you'll be joining us. This event is sponsored by the Friends of Foxboro Seniors.

MEDITATION AND RELAXATION SERIES

The holiday season is a fun and festive time of year, but it can also be both stressful and exhausting! To help us "decompress" as we start the New Year, we'll be offering a weekly series of programs of Meditation and Relaxation at the senior center on Wednesday afternoons at 2:30 p.m. during the month of January. Our first class of the series on January 6th will start with an adult coloring class. Colored pencils and coloring books are part of a new therapeutic model to relieve stress and are thought to help people suffering from a variety of health ailments. Coloring is soothing, comforting and surprisingly relaxing. We have colored pencils for use during the class, but feel free to bring your own markers or colored pencils with you if you'd like. There is a \$4.00 fee for each participant to cover the cost of the coloring book. Participants will be able to take their coloring book home to continue to practice this form of relaxation. The sessions offered on January 13th, 20th and 27th will be classes on mediation led by our Chair Yoga instructor Michelle Lawlor. Meditation is about training your brain to bring your thoughts and feelings into awareness: it's about examining who you are and your place in the world; it teaches you to appreciate every moment for what it is. Similar to how we do bicep curls to develop our arms, meditation tones and strengthens the mind. The goal of meditation is to go beyond the mind and experience our essential nature – which is described as peace, happiness and bliss. Meditation is not a part of any religion; it is a Science. Science has shown that your mind and body benefits from taking time out of your daily life to shut down and meditate. This program is being sponsored by the Friends of Foxborough Seniors. Come join us as we work to get our minds into shape for the New Year. Class size for the Meditation and Relaxation Series is limited, so please call us at 508-543-1252 to reserve your spot.

UNDERSTANDING REAL ESTATE TAX RELIEF PROGRAMS

Deborah Cochrane from the Foxborough Tax Assessors' Office will be here at the senior center for an informational program on Thursday, January 7th at 10:00 a.m. She will be speaking on real estate tax exemptions that are available to qualifying Foxborough residents who may be eligible for tax assistance. Widows, seniors, veterans, those who suffer from blindness, etc. may find that they are eligible for some tax relief. This is your chance to ask Debbie any questions you may have regarding local real estate tax rates and find out if you qualify for any of the available tax assistance programs. Please call the senior center at 508-543-1252 to let us know if you'll be joining us.

CLASSIC MOVIE DAY

The featured movie classic for the month of January will be "The French Connection" and is scheduled for Tuesday, January 12th at 12:30 p.m. New York Detectives Popeye Doyle (Gene Hackman) and Buddy Russo (Roy Scheider) hope to break a narcotics smuggling ring and ultimately uncover the French Connection. But when one of the criminals tries to kill Doyle, he begins a deadly pursuit that takes him far outside the city limits.

Based on a true story, this action-filled thriller, with its renowned chase scene, won 5 Academy Awards in 1971, including best picture and best actor for Gene Hackman. So feel free to bring your lunch to enjoy ahead of time in our Coffee Connection at the senior center and then enjoy a great film classic. If you'd like to join us, please call 508-543-1252 to sign up.

JACK CRAIG'S "BEST OF BROADWAY" SERIES

Join us on Wednesday, January 13th at 4:30 p.m. as we welcome Jack Craig back to the senior center for another one of his programs on "The Best of Broadway." From "Second Hand Rose" (1921) through "Memory" (1982), the songs in this program celebrate the high points of American musical theatre. Standout productions like "Showboat," "South Pacific," "My Fair Lady" and "Hello Dolly" are all included, as well as unique hits from writers such as Noel Coward, Kurt Weil and Irving Berlin. This program concentrates on the "golden age of musicals" by Rodgers and Hammerstein, Lerner and Loewe, and Stephen Sondheim – but all of the 24 songs you will be singing are classics! Our thanks go to the Friends of Foxboro Seniors for sponsoring this program. Give us a call at 508-543-1252 to sign up.

JUDITH KALAORA PERFORMS AS HEDY LAMARR

When you hear the name Hedy Lamarr, whom do you see? A smoldering bejeweled temptress, perched on velvet cushions in the 1949 Hollywood classic "Samson and Delilah"? Or, a demure and professionally clad inventor, deep in the throes of ingenuity, embarking on scientific ideas that were generations ahead of her time? Hedy Lamarr was not only a great star in Hollywood's Golden Age of Cinema, she was also devoted to helping the Allies beat the Nazi forces of World War II. Whether she was selling war bonds for \$50,000 a kiss, or inventing a secret communication system with the help of American composer George Antheil, Hedy Lamarr knew she was so much more than just a glamorous girl. Join History-at-Play character actress, Judith Kalaora, as she returns to the senior center at 1:00 p.m. on Thursday, January 14th and transforms herself into Hedy Lamarr, the young Austrian refugee who became the Most Beautiful Woman in the world and the inventor of technology that changed our world. This program is being sponsored by the Friends of Foxborough Seniors. If you'd like to join us and want us to save you a seat, please call the senior center at 508-543-1252 to sign up in advance.

"GREAT TRAINS & GRAND CANYONS 2016" TRIP PRESENTATION

Our Travel Agent from Tours of Distinction will be at the senior center on Thursday, January 14th at 3:00 p.m. to tell us about our upcoming "Big Trip" in 2016 to Arizona which will feature a trip on the Grand Canyon Railway. This 6 day / 5 night trip is planned for October 2nd through the 7th. We will fly into Phoenix Airport and then travel out to Sedona where we'll be spending five nights in a picturesque resort hotel. At this trip presentation meeting you will have the opportunity to review the itinerary for the trip and ask any questions you may have. The sign up for this trip will begin on Wednesday February 3rd.

GARY HYLANDER'S LECTURE ON "WATER FOR ELEPHANTS"

Gary Hylander, Professor of History at Stonehill College, will be back at the senior center on Wednesday, January 20th at 4:30 p.m. for a literature lecture on the novel "*Water for Elephants*." This novel is the story of the memories of ninety-something -year-old Jacob Jankowski. As a young man, fate brought Jacob onto a rickety train that was home to the Benzini Brothers Most Spectacular Show on Earth. To Jacob, the world of the circus was both salvation and a living hell. It was the early part of the Great Depression, and Jacob was thankful to have a job because his luck had run out, he was orphaned and he was penniless. It was there that Jacob meets Marlena, the star of the equestrian act. And there he also met Rosie the elephant, the "great gray hope" and the new act that was going to be the salvation of the circus; the only problem was, Rosie didn't have an act and couldn't follow instructions. The bond that grew among this unlikely trio was one of love and trust, and ultimately, their only hope for survival. If you'd like to join us for this program in Gary's literature lecture series, sponsored by the Friends of Foxborough Seniors, please call the senior center at 508-543-1252 to sign up in advance.

HISTORY-HUMOR-HOSPITALITY OF NEW ENGLAND

On Thursday, January 21st at 10:00 a.m., the senior center welcomes Alison O'Leary, award-winning travel writer and journalist, and co-author of the book "Inns and Adventures: A History and Explorer's Guide to New

Hampshire, Vermont and the Berkshires.” New England’s woods and wild places are full of stories: cannibalism in Vermont, Thoreau’s cold and lonely night on Massachusetts’ Mt. Greylock, an Eskimo in New Hampshire. There are also cozy inns where travelers can benefit from local knowledge of innkeepers and enjoy locally-grown, home cooked fare. Alison and her co-author Michael J. Tougas have visited each inn and have taken every hike outlined in their book, but have difficulty choosing favorites. Alison’s “Hidden Gems” presentation traces the history of areas large and small, from the reasons behind the creation of the White Mountains National Forest to the struggle of innkeepers trying to hold onto family-owned property. If you’d like to join us for this free program which includes a lot of fun and funny historical tidbits from New Hampshire, Vermont and the Berkshires, please call us at 508-543-1252 to reserve yourself a seat. The Friends of Foxborough Seniors are sponsoring this program.

MEN’S BREAKFAST

The next Men’s Breakfast will be held on Thursday, January 28th at 9:00 a.m. Our guest speaker this month will be the new Director of the Boyden Library, Manny Leite. For many years, our friend Ted Inman was a regular attendee of our monthly Men’s Breakfasts. In Ted’s honor, there will be no charge for our Men’s Breakfast this month. The cost for the breakfast will be paid for by donations made to the senior center in Ted’s memory. If you would like to join us for breakfast and have the opportunity to meet Manny, please call the senior center at 508-543-1252 by Monday, January 25th to reserve your seat.

SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY

Watch “Your Scene Your Center” on Foxboro Cable Access, Comcast channel 22 and Verizon channel 38, on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m. On January 6th and 7th the featured program will be Jack Craig’s “Songs with the Word Smile.” All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

THE COFFEE CONNECTION

Stop by the senior center for a cup of coffee and a donut. Our Coffee Connection is open in the senior center at 8:30 a.m. everyone morning, Monday through Friday. On Monday, Tuesday and Thursday afternoons, the Coffee Connection is open until 3:30 p.m. On Wednesdays, coffee is served until 6:00 p.m. and on Fridays the coffee is available until noon. Thanks to donations of donuts and treats from the Honey Dew coffee shop in Foxborough, we are able to offer these goodies to you daily along with a hot cup of coffee. So come join us!

SCAM ALERT

Please note that UPS had advised us that there are fraudulent emails being sent to people telling them to print out an email. Printing out the email will launch a virus. UPS does NOT request payments, personal information, financial information, account numbers, ID’s, passwords or copies of invoices in an unsolicited manner through email, mail, phone or fax specifically in exchange for the transportation of goods or services. UPS accepts no responsibility for any costs or changes incurred as a result of fraudulent activity.

MEDICAL INFORMATION AND SERVICES

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, January 12th from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is held once a month at the senior center on the 2nd Tuesday of each month. Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1252 to set up an appointment.

EMERGENCY PREPAREDNESS

The Foxborough Council on Aging and Human Services is gathering pertinent data from people with critical needs in Foxborough who would like to be entered into the Public Safety database to be contacted in the event of a town-wide emergency. We are making every effort to reach all Foxborough residents who want to be identified as needing assistance in case of a town-wide evacuation or emergency. We particularly want to include those who are most vulnerable during an emergency. Forms are available at the Foxborough Senior

Center. To request assistance or arrange for a home visit, call 508-543-1252 to speak with our Human Services staff.

LIFE AFTER LOSS BEREAVEMENT GROUP

All who have experienced the death of a loved one and are in need of a compassionate, safe place to express their grief, are invited to attend your choice of bereavement groups sponsored by Seasons Hospice & Palliative Care. At 6:00 p.m. on the third Thursday of every month, the Life after Loss Bereavement Support Group meets at The Village at Willow Crossing, 25 Cobb St., Mansfield, MA. At 6:30 p.m. on the 2nd and 4th Tuesday of each month (starting January 12th), the Life After Loss Bereavement Group will meet at 1 Edgewater Drive #103 in Norwood. If you are interested in registering to attend one of these groups or would like more information, please call Nancy Sherman, Director of Supportive Care, at 617-454-0200.

S.H.I.N.E

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. The SHINE program provides free and confidential health insurance information counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families. We have SHINE counselors, Judy Murphy and Ed Raider, who can meet with you individually at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. The next appointments are being scheduled for January 5th and 21st. In addition to the SHINE program, Social Worker Pam McGuire and Human Services Coordinator Cathy Varnum are available at the senior center to help answer any questions you may have regarding Medicare and your health insurance options. If you would like to meet with Pam or Cathy, call the senior center at 508-543-1252 to set up an appointment.

REGULARLY SCHEDULED

GREETING CARD-MAKING CLASS

Come have some fun and learn the art of creating hand-crafted greeting cards at the senior center. Our volunteer instructor, Helen Rice, will be teaching a card-making class on Fridays from 10:30 a.m. to 12:00 noon. The fee is just \$1 per class and will cover your supplies and the instruction. This is your chance to create cards for all occasions or make some unique holiday cards with your own personal sentiments for the upcoming holiday season.

AEROBICS

Our one hour aerobics class begins at 9:00 a.m. on Friday mornings. The exercises include stretching, aerobics, and hand-held weights. The class, led by YMCA instructor Joyce Collins, works on exercising the body from the neck to the ankles and is designed for all levels of ability. There is a \$2 charge for each class.

ZUMBA CLASS

Zumba Gold classes are held in the senior center on Tuesday mornings from 9:45 a.m. to 10:45 a.m. Zumba is an exercise program inspired by Latin dance that combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. Come and learn some Latin dance moves with our instructor Bilyana "BB" Dimitrova, and have some fun while getting in shape. There is a \$2 charge for each class.

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. We also schedule other shopping trips on Wednesday afternoons at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1252 to arrange for a ride. The following is a list of other shopping trips and outings we have planned:

January 6 – Target

January 13 - Walmart

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to eat, give Marcia at least two days notice by calling 508-698-0754.

Please note that after many years without an increase in price, the suggested donation is now \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.
Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, January 4

Cheeseburger with Ketchup
Baked Beans
Carrots
Hamburger Roll
Mandarin Oranges
Calories 476
Sodium 500

Tuesday, January 5

Beef Stew with Vegetables
Mashed Potato
Multigrain Roll
Peaches
Calories 460
Sodium 323

Wednesday, January 6

Minestrone Soup
Chicken Parmesan
Italian Penne
Whole Wheat Bread
Banana
Calories 429
Sodium 666

Thursday, January 7

Sweet & Sour Meatballs
Fluffy White Rice
Genoa Blend Vegetables
Oatmeal Bread
Pistachio Cookie
Calories 324
Sodium 261

Friday, January 8

Cheese Omelet with Salsa
Broccoli
Spanish Rice
Fruit Muffin
Pears
Calories 302
Sodium 547